

EXHIBIT 4
DATE 1-25-07
HB Aging / APS

To Whom It May Concern:

I serve as caregiver for my 94-year-old mother. Until last year I also cared for my 95-year-old aunt who lived with my mother. I kept them in their own home as their ability to function is much higher in a familiar setting. My aunt had lived in this house over 70 years and my mother lived with her over 30 of those years. My aunt had dementia due to TIAs and Parkinson's. She could not stand, walk or speak. My mother has dementia due to Alzheimer's and TIAs. They both required 24 hour help. I cared for them for 7.5 years with the help of a few part time people they knew from church. Before I retired, I cared for them the best I could from a different state, by paying their bills, ordering their meds, etc. with lots of phone calls and frequent visits home. When my aunt passed away, my mother took it very hard. She quit walking, didn't eat much and became ill. She is now finally walking again and is doing much better physically.

In the 7.5 years of care, I have not taken a vacation. Although I do take days off occasionally, I can never be without the phone as I am always on call. The hardest times for me are holidays as the other people who help me want to be with their families. If I try to care for her for a 24 hour cycle, I get very tired since I get no sleep since her sleep cycle is unpredictable. I once spent 72 hours caring for both my aunt and my mother with being able to only take cat naps. Respite care has been a wonderful source of relief for me. I have been able to have a respite provider fill in when my help has called in sick or needed to take time off even if it was short notice. The respite provider employed by DEAP is wonderful. She has a wealth of experience and has taught me lots of techniques to make my caregiving easier and less stressful. It is so nice to be able to call DEAP and know that there is a qualified respite provider available to care for my mother so that I don't get burnt out. Respite has allowed me to successfully care for my mother at home and continue to enjoy her company. It is an essential component of family caregiving. I hope that you will do whatever it takes to keep respite care an available resource that caregivers across the country will be able to access.

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